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ABSTRACT

This guide provides parents with information intended to help them deal with different aspects of parenthood. The first section describes nine developmental stages and the growth of children from birth to late adolescence. For each of these stages, descriptions of children's characteristics, suggestions for parents, and recommended books are provided. Both children's needs and parent self-care are addressed. A quiz designed to help parents to determine how well they know their child is included. The second section discusses ways for parents to deal with stress. Provided are a list of tension relievers, suggestions about asking for outside help, and a list of several types of agencies that provide professional help and services for families and individuals. It is concluded that the development of a support system, good communication with children, parent education, and the use of available community assistance are especially helpful to parents in meeting the challenges of parenthood. Appended is a list of agencies that can provide information on parenting, child development, parent support groups, and other community resources. (GLR)

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For Parents' Sake

A Survival Kit for Parents and Kids

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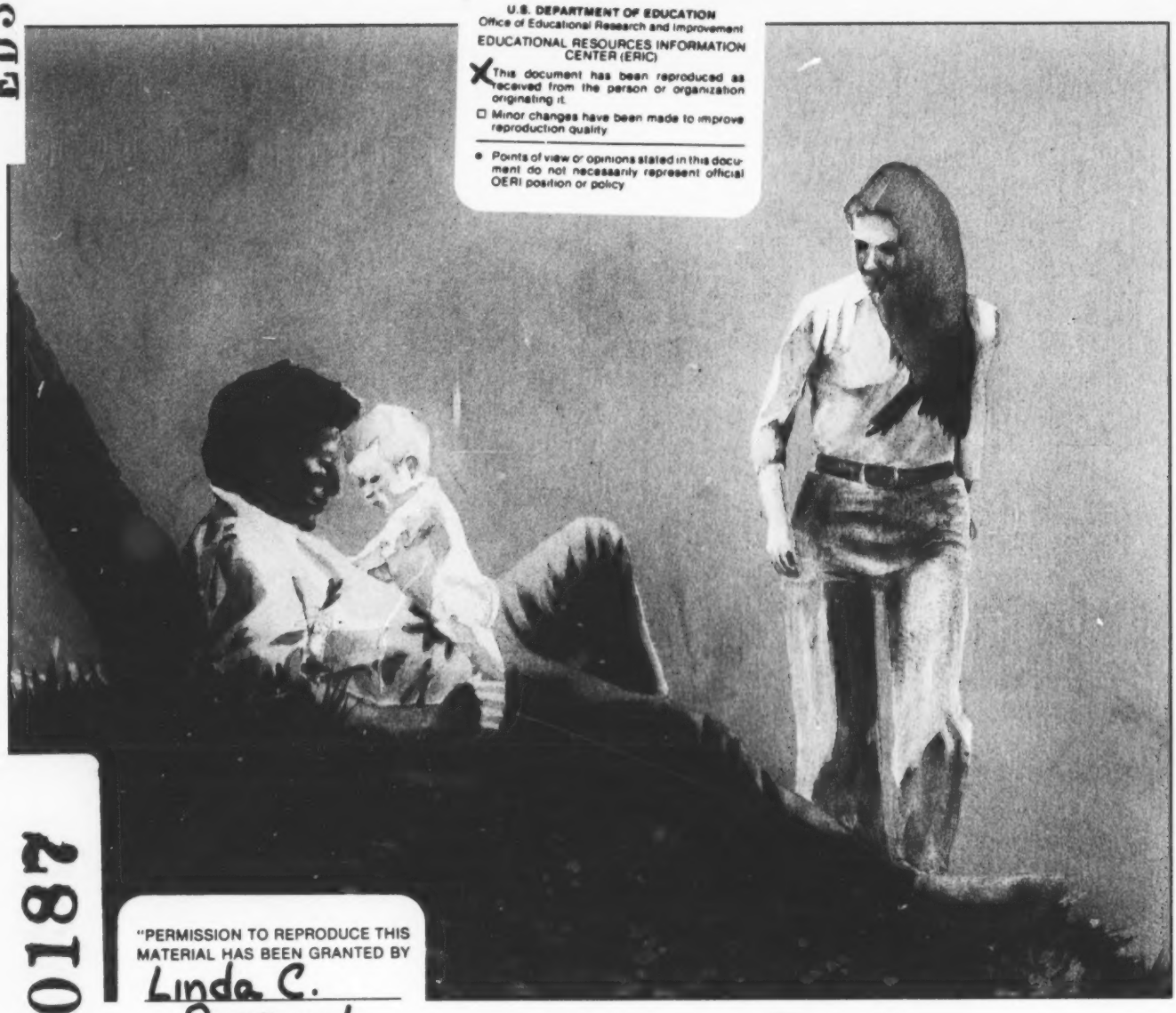

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Volume I

knowing what to expect

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Once upon a time, there was a beautiful woman and a handsome man who were very much in love. They had a big home, kind and thoughtful friends, and plenty of time and money to do whatever they wanted to do.

Then one day, the beautiful woman became pregnant. She had a lovely pregnancy that produced a wonderful baby. The wonderful baby grew to be a happy and talented child, an ideal teenager, and finally, a perfect young adult.

The beautiful woman and the handsome man thought that being parents was great fun and everyone lived happily ever after...

Anyone in that fairy tale you can relate to? If not, read on. This book may be for you.

Real life people have real life kids and nothing can prepare them fully for what that means. Twenty-four hours a day every day of the year, children depend on their parents to make sure their needs are met. It's a pretty incredible job, but every parent wants to do it well. Sometimes it's easy. Often it's not.

knowing what to expect

VOLUME 1

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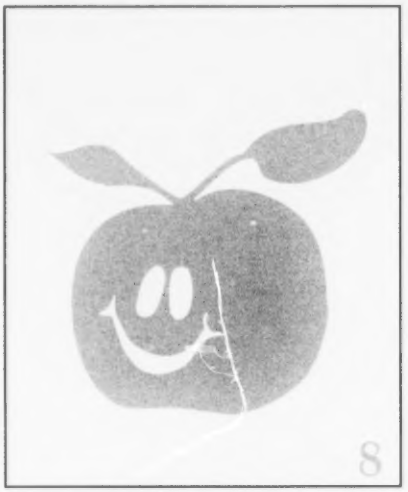
A Survival Kit for Parents and Kids

babies, toddlers, and preschoolers



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Introduction

- EVERY CHILD IS DIFFERENT AND SPECIAL. BECOMING A PARENT MEANS HELPING EACH CHILD BECOME THE BEST PERSON HE OR SHE CAN BE. PROVIDING FOR NEEDS SUCH AS FOOD, CLOTHING, AND A HOME IS ONLY THE FIRST STEP IN SHAPING YOUR CHILD'S FUTURE. CREATING A LOVING HOME THAT BUILDS THE CHILD'S SELF-ESTEEM, AND MAKES HIM OR HER FEEL SAFE AND SECURE, IS EQUALLY IMPORTANT. LEARNING ABOUT PARENTING AND THE GROWTH AND DEVELOPMENT OF CHILDREN, CAN HELP MAKE A DIFFERENCE FOR BOTH YOU AND YOUR CHILD.

- THE CHALLENGES FACED BY PARENTS OF TODAY ARE DIFFERENT FROM THOSE IN THE PAST. EVEN WITH THESE NEW CHALLENGES, THE BEST IDEAS OF FORMER GENERATIONS CAN BE KEPT AND NEW WAYS CAN BE LEARNED. PARENTS CAN NEVER BE PERFECT, BUT THEY WANT TO DO THE BEST JOB POSSIBLE.

- THIS BOOKLET IS ONE OF A SERIES THAT PROVIDES SOME TIPS FOR PARENTS AND CHILDREN. INCLUDED ARE SECTIONS ON THE GROWTH AND DEVELOPMENTAL STAGES FOR CHILDREN, IDEAS FOR HELPING PARENTS DEAL WITH STRESS, AND CHILD SAFETY INFORMATION.

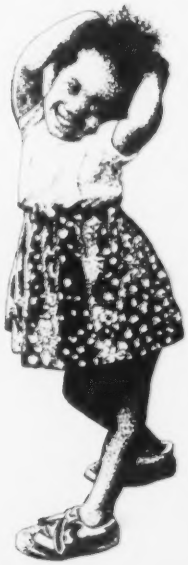
- THERE ARE SEVERAL KEYS TO SURVIVING PARENTHOOD — ONE IS INFORMATION. THIS BOOKLET WILL PROVIDE YOU WITH SOME TIPS TO HELP YOU ALONG THE WAY.

Additional Information

If you have questions about your child's development at any stage, visit your doctor or the child guidance clinic at your county health department. For more detailed information on the different stages of child development, consult your local library, health department, mental health agency, social services agency, hospital, pediatrician, or family doctor.

Ask your librarian about books on special issues such as divorce, death, sex, alcohol/drugs, and special needs children.

Two excellent books for parents about children of all ages are ***Self-Esteem: A Family Affair****, by Joan Illsley Clarke, and* ***Your Child's Self-Esteem****, by Dorothy Corkille Briggs.*



babies, toddlers, and preschoolers

Newborn Infants

Tiny newborns need to feel safe. Before birth, they were in a place where they were secure and warm all of the time. Coming into the bright noisy world is quite a change. Food, burps, and baths are basics, but the extra touches count too, as your baby learns to live in the world.

- BABIES ARE CLUMSY. THEIR ARMS AND LEGS JUMP AROUND AND SCARE THEM. WRAPPING THEM SNUGLY IN A SMALL BLANKET AND TALKING IN LOVING TONES MAKES THEM FEEL BETTER.
- SUCKING ON SOMETHING HELPS THEM RELAX EVEN WHEN THEIR TUMMIES ARE FULL.
- DON'T WORRY ABOUT SPOILING NEW BABIES. MEETING THEIR NEEDS HELPS THEM FEEL SAFE.

Self-care for parents

Parents need to find time for rest. Baby's sleeping schedule can ruin everyone else's. Tired parents can lose tempers quickly. So nap when baby does, and try not to worry about all of the housework.

Books

Good Beginnings: Parenting in the Early Years,
by Judith Evans and Ellen Ilfeld

Infants and Mothers - Differences in Development,
by T. Berry Brazelton

Parent Care - Child Care,
by Marilyn Heins and Anne Seiden

The First Three Years of Life,
by Burton L. White

The First Twelve Months,
by Frank Caplan

What Every Child Would Like His Parents To Know,
by Lee Salk

Your Baby and Child,
by Penelope Leach

3 - 6 Months

By this time, babies have some control over their bodies. Their heads move when they want them to, and their arms and legs don't scare them as much. They listen and watch and touch. They smile when they are pleased and cry when they are not. They start to know familiar faces and strangers begin to scare them. Teething may begin near the end of this age.

IF YOUR BABY IS HAVING TROUBLE WITH TEETHING, COMFORT HER AND USE A COOL TEETHING TOY. RUB ON PAIN RELIEVER MADE FOR THAT PURPOSE.

BABIES THIS AGE DON'T KNOW RIGHT FROM WRONG AND THEIR BRAINS AREN'T READY TO LEARN THE DIFFERENCE YET.

Self-care for parents

Now that baby is settling into a routine, find special time for yourself. A part of baby's nap time could be used to take a breather from housework and do something you like. Self care helps you provide better baby care.

Books

Refer to the list of books for Newborn Infants.

6 - 18 Months

This is a time of many changes. Most babies learn to sit, crawl, walk, and even talk during this stage. They begin to develop a sense of humor, and they'll laugh when happy. One of the things they enjoy most is being with people, but strangers may still frighten them.

LET THEM FOLLOW YOU AS YOU GO THROUGH YOUR DAILY CHORES.

LET THEM EAT CANNED VEGETABLES AND DRY CEREAL FROM A HIGHCHAIR TRAY. IT WON'T BE NEAT, BUT IT KEEPS THEM BUSY FOR LONG PERIODS OF TIME.

GAMES LIKE PEEK-A-BOO AND PAT-A-CAKE CAN BE LEARNED, AS CAN POINTING TO NOSE, EYES, MOUTH, AND EARS WHEN ASKED.

BOOKS WITH CARDBOARD PAGES AND BRIGHT PICTURES HOLD A BABY'S ATTENTION. IT IS EVEN BETTER IF SOMEONE LOOKS AT THE BOOK WITH THE BABY.

BABIES LIKE TO WATCH THEMSELVES IN A MIRROR AND PUTTING THE HIGHCHAIR NEXT TO ONE MAKES THEM HAPPY.

"NOT FOR BABIES" IS A PHRASE THEY CAN LEARN. IT'S IMPORTANT TO GET THEIR ATTENTION AWAY FROM UNSAFE THINGS TO SOMETHING THAT'S SAFE TO TOUCH. BABIES AT THIS TIME ARE TOO LITTLE TO REMEMBER RIGHT FROM WRONG SO THEY HAVE TO BE GENTLY TOLD AGAIN AND AGAIN.

Self-care for parents

Parents need time for themselves. Find a sitter whom you trust. Spending time with other adults is healthy.

Books

The Second Twelve Months of Life,
by Frank and Theresa Caplan

Toddlers and Parents - A Declaration of Independence,
by T. Berry Brazelton

Your One Year Old,
by Louise Bates Ames, Frances L. Ilg, and Carol Chase Haber

18 Months - 3 Years

This is the age when babies first know they are separate from mother. More than anything, they want to be independent and to do things themselves. That's why they say "NO!" so often when asked to do something. This doesn't mean they don't love you; they just want to try "their way". Sharing and toilet training need practice during this period.

- AS CHILDREN GET OLDER, OFFER THEM CHOICES WHENEVER YOU CAN. FOR EXAMPLE, LET THEM PICK ONE OF TWO SHIRTS. SUCH CHOICES GIVE THEM A CHANCE TO DECIDE THINGS ON THEIR OWN.

- SHARING IS A HARD THING TO LEARN. PRAISING CHILDREN FOR THE TIMES WHEN THEY DO SHARE TEACHES MORE QUICKLY AND KINDLY THAN OTHER WAYS.

- NOT ALL BABIES GROW AT THE SAME RATE. TOILET TRAINING IS A MATTER OF BEING READY. ASK A CHILD DEVELOPMENT SPECIALIST OR YOUR DOCTOR FOR HELP IN DECIDING WHEN IT IS TIME FOR YOUR CHILD TO LEARN THIS SKILL.

Self-care for parents

As your child begins exploring, putting dangerous things out of baby's reach may save your sanity. Find ways of relieving stress. Exercise, hobbies, reading, listening to music, and talking to friends and relatives are some suggestions.

Books

Between Parent and Child,
by Haim Ginott

Toddlers and Parents,
by T. Berry Brazelton

The Early Childhood Years,
by Theresa and Frank Caplan

The Magic Years - Understanding and Handling the Problems of Early Childhood,
by Selma H. Fraiberg

Your Two Year Old,
by Louise Bates Ames and Frances L. Ilg

3 - 5 Years

Lots of learning takes place at this time, and the questions they ask seem endless. It's important to answer as well as you can in short simple sentences. Remember that they need to have time and space to be active. Being afraid, showing off, and using "bad words" are typical during this phase.

SIMPLE WOODEN PUZZLES, BLOCKS, FAT CRAYONS, AND LARGE PAPER WILL HELP DEVELOP COORDINATION AND PREPARE THEM FOR SCHOOL.

NIGHT-LIGHTS ON AND STUFFED ANIMALS TO CUDDLE HELP WITH NIGHT FEARS, WHICH ARE COMMON AS IMAGINATIONS DEVELOP.

LET YOUR CHILD HELP WITH SIMPLE TASKS AND PRAISE WHAT SHE IS ABLE TO DO.

IGNORING *"BAD WORDS"* IS THE BEST APPROACH.

PRAISE AND ATTENTION ENCOURAGE GOOD BEHAVIOR. IF YOUR CHILD DOESN'T BEHAVE, LET HIM KNOW YOU LOVE HIM BUT NOT HOW HE IS ACTING. CATCH YOUR CHILD DOING SOMETHING GOOD AND PRAISE HIM FOR IT.

Self-care for parents

As your parenting skills are developing, so are your child's social skills. Try a parent's day out program to give both you and your child a break.

Books

Children: The Challenge,
by Rudolf Dreikurs

Creative Parenting,
by William Sears

Doctor and Child,
by T. Berry Brazelton

To Listen to the Child,
by T. Berry Brazelton

Your Three Year Old,
by Louise Bates Ames and Frances L. Ilg

Your Four Year Old,
by Louise Bates Ames and Frances L. Ilg

Your Five Year Old,
by Louise Bates Ames and Frances L. Ilg

school age children

6 - 10 Years

Most children are excited about their first year in school. They want to learn how to read. Their use of language, painting, music, and numbers can be wonderfully creative and may often surprise adults. School activities (programs, clubs, open houses) are a way for the whole family to have a good time together. Sometimes children this age become upset, but they usually want to please parents and teachers. They enjoy having friends. This is the time when children begin to develop consciences and begin to understand that rules are important.

- PRAISING YOUR CHILD'S SCHOOL WORK IS IMPORTANT.
- TALK WITH YOUR CHILD'S TEACHER TO FIND OUT HOW TO HELP AT HOME.
- CHILDREN AT THIS STAGE TEST RULES THEIR PARENTS HAVE SET. IT WILL HELP IF YOU LOOK AT THIS TESTING AS A WAY TO TEACH YOUR CHILD HOW TO BEHAVE.

Self-care for parents

Find other parents you can talk to on a regular basis. Join a support group or take a parenting class, so you don't feel like you are the only frustrated parent in the world.

Books

Father's Almanac,
by Adams Sullivan

How to Talk So Kids Will Listen & Listen So Kids Will Talk,
by Adele Faber and Elaine Mazlish

Mother's Almanac,
by Marguerite Kelly

Mother's Almanac II,
by Marguerite Kelly

Questions Parents Ask,
by Louise Bates Ames

Systematic Training for Effective Parenting, Parent Handbook,
by Don Dinkmeyer

The Hurried Child,
by David Elkind

Your Six Year Old,
by Louise Bates Ames and Frances L. Ilg

Your Seven Year Old,
by Louise Bates Ames and Frances L. Ilg

- TRY TO STAY CALM WHILE TRYING TO DETERMINE THE CAUSE OF PROBLEM BEHAVIOR.

- WHEN YOU DO HAVE TO CORRECT YOUR CHILD'S BEHAVIOR, KEEP IN MIND THAT CHILDREN SEE TIME MUCH DIFFERENTLY FROM ADULTS. TEN OR FIFTEEN MINUTES MAY SEEM SHORT TO AN ADULT, BUT FOR A FIRST GRADER WHO IS BEING MADE TO SIT IN A CHAIR, IT CAN SEEM ENDLESS. A GOOD RULE OF THUMB IS ONE MINUTE FOR EACH YEAR OF AGE OF YOUR CHILD.

- TAKING AWAY PRIVILEGES CAN BE A GOOD WAY FOR THE CHILD TO LEARN BETTER WAYS TO BEHAVE.

Adolescence: Early, Middle, and Late

Adolescence is a challenging period for both children and parents. Three rather distinct stages of adolescence–early, middle, and late–are experienced by most children, but the age at which each stage is reached varies from child to child even within the same family. Changes in behavior may be connected to physical development and hormone balance, neither of which the child can control. For this reason, adolescents should be treated as individuals, and guidelines for areas such as levels of responsibility should be adapted to the particular child.

Early Adolescence: 11-13 Years

Children often challenge adult authority at this age. Listening carefully and seriously considering their ideas, thoughts, and feelings are ways of helping them grow into adulthood. They need help in learning to choose between right and wrong. Setting a good example is an excellent way of teaching at this stage. This will help them learn the values that are important to you. Learning what it means to be a male or female is an important part of adolescent development.

Self-care for parents

During this period of developing independence, encourage your child to spend a few days away from home with a favorite relative, friend or at a camp. Use that time to reacquaint yourself with the rest of your family and some of the pastimes you enjoy most.

- **BOTH BOYS AND GIRLS NEED TO HAVE PLENTY OF TIME FOR ACTIVITIES WITH CHILDREN OF THEIR OWN SEX.**
- **JOINING A GROUP IS IMPORTANT TO THE PRETEEN. SCOUTS, ATHLETIC TEAMS, AND CHURCH GROUPS ARE GOOD EXAMPLES.**
- **HAVING A HERO OR AN ADULT TO LOOK UP TO IS ALSO IMPORTANT DURING THIS TIME. SPECIAL PEOPLE OUTSIDE THE FAMILY, AS WELL AS RELATIVES, CAN BE HELPFUL.**

- PRETEENS ARE BEGINNING TO HAVE AN INTEREST IN THE OPPOSITE SEX. THEY ARE VERY CONCERNED WITH THEIR OWN BODIES AND HOW THEY ARE CHANGING. IT IS IMPORTANT THAT PARENTS PROVIDE THE FACTS ABOUT SEX.

- SPECIAL ABILITIES IN SPORTS, SCHOOLWORK, MUSIC, OR ART ARE OFTEN FIRST NOTICED AT THIS AGE. THESE SPECIAL ABILITIES SHOULD BE ENCOURAGED, AS THIS WILL HELP THE CHILD TO DEVELOP A GOOD SELF-IMAGE.

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Middle Adolescence: 14-15 Years

This is a time of confusion. The teenager is growing and sexually maturing. Most teens want to be independent of parents. They can be very moody because of changes in hormones.

- YOUNG PEOPLE AT THIS STAGE ARE CONCERNED ABOUT WHAT IS *"FAIR" AND "NOT FAIR".*
- THEY NEED TO BE LOVED AND ACCEPTED BY PARENTS AND FRIENDS BUT OFTEN CANNOT SHOW IT.
- PLAYING LOUD MUSIC, WEARING "ODD" CLOTHES, AND WEARING THE LATEST HAIRSTYLES ARE WAYS IN WHICH TEENS TRY TO BECOME INDEPENDENT.
- TEENAGERS AT THIS STAGE NEED LOTS OF REST. SOMETIMES PARENTS THINK SLEEPING LATE ON WEEKENDS IS LAZINESS, BUT TEENAGERS NEED MORE SLEEP NOW THAN AT ANY OTHER TIME SINCE INFANCY.

Self-care for parents

When you hear, "I'm the only one who has to...", check out rules with other parents. You are not the "meanest parent in the world!" (Remember when you were a teen and all the scary feelings you had.)

While few will admit it to parents, young people at this stage find security in rules. When setting and enforcing rules, keep the following points in mind.

- **WHEN YOU MAKE A RULE, EXPLAIN THE REASON FOR IT IN TWENTY-FIVE WORDS OR LESS.**

- **TELL YOUR TEENAGER EXACTLY WHAT WILL HAPPEN IF THE RULE IS BROKEN. BE CLEAR ABOUT WHAT IS AND IS NOT ALLOWED.**

- **APPEARANCE (HAIRSTYLES, CLOTHING, ETC.) IS IMPORTANT TO ALL TEENAGERS. SET RULES ABOUT YOUR TEENAGER'S APPEARANCE ONLY WHEN IT REALLY MATTERS TO YOU. FOR EXAMPLE, *"GOING OUT TO DINNER."***

- **TRY TO BE CHEERFUL AND IGNORE HIS MOODS AS MUCH AS YOU CAN.**

- **TRY NOT TO TELL YOUR TEEN WHAT TO DO. ASK FOR HER COOPERATION. OFFER CHOICES WHERE YOU CAN.**

BE SURE WHAT YOU EXPECT OF YOUR TEEN IS REASONABLE. PRAISE HIM WHEN HE DOES WELL.

Late Adolescence: 16-18 Years

In some ways, life may seem easier when young people and their parents are going through this stage. However, adolescents may try to act more mature than they are. Most late adolescents worry if they will be ready for adulthood. Pressures of school, social life, first job, and planning for the future can cause frustration and depression.

MOST YOUNG PEOPLE WILL HAVE THE CHANCE TO TRY USING DRUGS AND DRINKING ALCOHOL BY THIS AGE. THERE IS NOT MUCH PARENTS CAN DO TO STOP THIS FROM HAPPENING. A GOAL IS TO GET ADOLESCENTS THROUGH THIS STAGE ALIVE AND WELL. PARENTS SHOULD PROVIDE FACTS ABOUT DRUG AND ALCOHOL USE. THEY SHOULD INCLUDE TALKING HONESTLY ABOUT THE DANGERS OF MIXING DRINKING AND/OR DRUGS WITH DRIVING. PARENTS SHOULD INFORM THEIR CHILDREN THAT THEY WILL PROVIDE TRANSPORTATION *"NO QUESTIONS ASKED"* AT ANY HOUR RATHER THAN HAVE THEM RIDE WITH A DRIVER WHO HAS BEEN DRINKING OR USING DRUGS. PARENTS WHO DO NOT HAVE ACCESS TO A CAR CAN PROVIDE TRANSPORTATION WITH TAXI FARE OR A CLOSE FRIEND WHO IS WILLING TO HELP.

Self-care for parents

When children leave home, parents may feel they have lost their most important job. There also may be added financial burdens with college. Try putting a new focus on adult relationships and getting out into the community. While one phase of your life as a parent may be ending, a new one is beginning.

Books

All Grown Up and No Place To Go: Teenagers in Crisis,
by David Elkind

Between Parent and Teenager,
by Haim Ginott

Challenge of Parenthood,
by Rudolph Dreikurs

Coping with Teenage Depression: A Parent's Guide,
by Kathleen McCoy

How To Live (Almost) Happily With A Teenager,
by Lois Jean Davitz

How to Live With Your Teenager,
by Peter H. Buntman

How to Stop Fighting With Your Kids,
by Rudolph Dreikurs, Raymond J. Cornini, and Shirley Gould

Liberated Parents, Liberated Children,
by Adele Faber and Elaine Mazlish

P.E.T.: Parent Effectiveness Training,
by Thomas Gordon

S.T.E.P.: Teen, Parent Handbook,
by Ruth Bell and Leni Z. Wildflower

Teenagers: The Continuing Challenge,
by Shirley Gould

The Turbulent Teens,
by James E. Gardner

- ONCE YOUNG PEOPLE BECOME SEXUALLY ACTIVE, MOST OF THEM REMAIN SEXUALLY ACTIVE. PARENTS SHOULD PROVIDE FACTS ABOUT BIRTH CONTROL, SEXUAL DISEASES, AND OTHER CONCERNS. TALKING OPENLY WITH YOUR ADOLESCENT IS IMPORTANT BUT IF YOU FEEL UNCOMFORTABLE, LET YOUR ADOLESCENT KNOW WHERE HE OR SHE CAN GET INFORMATION AND HELP. TEEN PREGNANCY AND/OR SEXUAL DISEASES CAN BE DANGEROUS TO BODIES WHICH ARE NOT FULLY GROWN.

- CAREER CHOICES CAN BE DIFFICULT. PARENTS SHOULD TALK WITH YOUNG PEOPLE ABOUT DIFFERENT CAREERS. PARENTS SHOULD TRY TO HELP ADOLESCENTS CHOOSE A CAREER THAT MATCHES THEIR ABILITIES AND INTERESTS. LIBRARIES, HIGH SCHOOL COUNSELING CENTERS, AND COLLEGE OR VOCATIONAL SCHOOL CAREER PLANNING PROGRAMS OFFER MATERIALS ON OPTIONS THAT ARE AVAILABLE.

- IT IS OFTEN DIFFICULT FOR PARENTS AND THEIR CHILDREN TO SPEND TIME TOGETHER DURING THE ADOLESCENT YEARS. HOWEVER, PARENTS SHOULD TRY TO PLAN FAMILY ACTIVITIES EVERY NOW AND THEN. DOING SOMETHING TOGETHER CAN HELP PARENTS AND ADOLESCENTS TALK WITH ONE ANOTHER AND FEEL GOOD ABOUT THEIR RELATIONSHIP.

how well do you know your child?

Living with a child means loving, talking, and listening. It means doing things together and doing things apart. No matter how much time we spend with another person, there is usually much we don't notice or don't know about that person.

Answer the questions on this quiz to find out for yourself how well you know your child. If you have more than one child, you might want to use this questionnaire for each one. After you fill in the answer, set a time to sit down with your son or daughter to check how well you did on the quiz. This quiz will give you a chance to learn more about your child. Perhaps when you are finished, your child will want to quiz you on some of these questions.

1. **What really makes your child angry?**
2. **Who is your child's best friend?**
3. **What color would he like his room to be?**
4. **Who is your child's hero?**
5. **What embarrasses her most?**
6. **Would your child prefer a vanilla milk shake, a hot fudge sundae, or strawberry shortcake?**
7. **What is his biggest fear?**
8. **In gym class, would your child rather play basketball, do exercises, or run relays?**
9. **What is her favorite class in school?**
10. **What is the class he dislikes most?**
11. **What name is your child called in school?**
12. **What is her favorite song, singer, and musical group?**
13. **What is your child's biggest complaint about the family?**
14. **If you could buy your child anything in the world, what would be his first choice?**
15. **What is her favorite television show?**
16. **Of what achievement or skill is your child proudest?**
17. **What has been the biggest frustration or problem in your child's life?**
18. **What is his favorite sport?**
19. **Which of these chores does your child dislike most: drying dishes, cleaning her room, or taking out the trash?**
20. **What is your child's favorite book?**
21. **Does your child feel too small or too big for his age?**
22. **What gift from you does your child love most?**
23. **What person outside the family has most touched your child's life?**
24. **When does your child prefer to do homework: right after school, after supper, before bed, or in the morning before school?**

dealing with stress

It Happens To Everyone

Being a parent is the most demanding job in the world, yet most of us train "on the job". When things are going well, enjoy the moment. Give your child hugs and plenty of praise. Be generous with pats on the back for yourself and the other adults in your life. Don't be afraid to admit mistakes — your child will respect your honesty.

Sometimes things will not go well. You may feel stressed or overwhelmed. The way you deal with these times is important. Even your children can be helped to understand how you're feeling if you tell them. Tension relievers can help. Try some of these:

- **TELL YOUR CHILD YOU NEED A BREAK.**
- **COUNT TO TEN. BETTER YET, COUNT TO TWENTY. GO TO ANOTHER ROOM OR OUTSIDE FOR A FEW MINUTES. IF YOUR CHILD IS AN INFANT OR TODDLER, PUT HIM IN A SAFE PLACE FIRST.**
- **GO INTO ANOTHER ROOM, CLOSE THE DOOR AND LET IT OUT — CRY, SCREAM, OR PUNCH A PILLOW FOR TEN MINUTES, DO WHATEVER RELAXES YOU BEST.**

- LIE ON THE COUCH, PUT YOUR FEET UP, AND PLACE A COOL CLOTH ON YOUR EYES AND FOREHEAD. TAKE A COUPLE OF DEEP BREATHS AND THINK OF THE BEST TIME YOU EVER HAD. LIE THERE FOR AT LEAST FIVE MINUTES.

- CALL SOMEONE WHO CARES ABOUT YOU AND UNDERSTANDS WHAT YOU ARE GOING THROUGH. TELL THEM WHAT IS BOTHERING YOU AND GET THE SUPPORT YOU NEED.

- IF YOUR CHILDREN TAKE NAPS, USE THAT QUIET TIME TO PAMPER YOURSELF. TAKE A HOT BATH, READ A BOOK, OR LISTEN TO MUSIC WITH YOUR EYES CLOSED.

- CHANGE YOUR DAILY ROUTINE. TAKE A WALK, VISIT A FRIEND, WATCH A SPECIAL PROGRAM ON TELEVISION.

- DO SOMETHING PHYSICAL SUCH AS BICYCLING, EXERCISING, DANCING, JOGGING, OR CLEANING SOMETHING. PHYSICAL ACTIVITY IS GOOD FOR YOU AND YOUR CHILDREN. IT LETS OFF STEAM, AND OFTEN IT'S FREE.

Knowing When To Ask For Help

Stress relievers aren't enough for many people. They work hard to control their emotions, but sometimes they feel they can't stand the frustration any longer. This doesn't make them bad parents. The fact that they ask for help is a sign of good sense. If you can answer "yes" to any of these questions, you too may benefit from help outside of your family.

- **DO YOU FEEL AS THOUGH YOU TAKE YOUR ANGER AND FRUSTRATIONS OUT ON YOUR KIDS?**
- **DO YOU FEEL OUT OF CONTROL MORE THAN YOU WOULD LIKE?**
- **DO YOU FEEL OVERWHELMED AND SEE NO WAY OUT?**
- **DO YOU STRIKE OUT EITHER PHYSICALLY OR VERBALLY WHEN YOU'RE ANGRY AT YOUR CHILDREN?**
- **DO YOU FEEL AS IF YOUR CHILDREN MISBEHAVE ON PURPOSE?**
- **ARE YOU FRUSTRATED BECAUSE YOUR CHILDREN DON'T LISTEN TO YOU?**
- **DO YOU FEEL AS IF YOU PICK ON ONE PARTICULAR CHILD?**
- **DO YOU FEEL THAT YOUR CHILDREN RARELY DO WHAT YOU TELL THEM TO DO?**
- **DO YOU FEEL AS IF YOU CAN'T TALK TO YOUR KIDS?**

It's not always easy to reach out for help, but when you do you'll find that there are many caring people who want to hear from you, people who will listen and provide help.

What Kind Of Help Is There?

In Oklahoma, there are services that offer support for families. The people at these agencies are trained and experienced in the kinds of problems families have. If you or someone in your family is feeling stressed, contact one or more of the agencies listed below. Help is there and often it's free.

Consult your telephone book or contact your local United Way for the following:

- **SOCIAL SERVICES AGENCIES**
- **MENTAL HEALTH SERVICES**
- **HEALTH SERVICES**
- **CHILD GUIDANCE CLINICS**
- **YOUTH AND FAMILY SERVICES**
- **PARENTS ANONYMOUS**
- **CHURCH OR SYNAGOGUE**
- **LOCAL CRISIS LINES**
- **COUNTY EXTENSION SERVICES**

Remember: It's OK to ask for help.

Children Learn What They Live

If a child lives with criticism,
He learns to condemn.

If a child lives with hostility,
He learns to fight.

If a child lives with ridicule,
He learns to be shy.

If a child lives with shame,
He learns to feel guilty.

If a child lives with tolerance,
He learns to be patient.

If a child lives with encouragement,
He learns confidence.

If a child lives with praise,
He learns to appreciate.

If a child lives with fairness,
He learns justice.

If a child lives with security,
He learns to have faith.

If a child lives with approval,
He learns to like himself.

If a child lives with acceptance and friendship,
He learns to find love in the world.

DOROTHY LAW NOLTE

conclusion

There are no simple ways for meeting the challenges of being a parent. A positive approach is to seek information. Take advantage of programs designed to help you handle your current situation and to prepare you for the future.

Develop A Support System

- PARENTING IS ONE OF THE MOST CHALLENGING EXPERIENCES YOU WILL EVER HAVE. EVERY PARENT NEEDS ENCOURAGEMENT AND SUPPORT. SURROUND YOURSELF WITH PEOPLE WHO MAKE YOU FEEL GOOD: FRIENDS, RELATIVES, A SUPPORT GROUP, A CHURCH GROUP, OR A SPECIAL INTEREST GROUP.

Communicate With Your Child

- CHILDREN NEED TO BE SEEN AND THEY NEED TO BE HEARD. LISTEN AND TRY TO SEE THE WORLD THROUGH THEIR EYES. IMAGINE WHAT IT IS LIKE TO BE A CHILD AND THINK BACK TO YOUR CHILDHOOD. WHEN YOU SPEAK, REMEMBER THAT "STICKS AND STONES CAN BREAK THEIR BONES"... WORDS CAN BREAK THEIR SPIRIT.

Educate Yourself

- KNOWING HOW TO BE A PARENT WAS NOT TAUGHT IN SCHOOL. THE MORE YOU LEARN ABOUT CHILDREN, THE EASIER YOUR JOB WILL BE.

- PLACES WHERE YOU CAN LEARN MORE ABOUT PARENTING INCLUDE LIBRARIES, HOSPITALS, FAMILY AND SOCIAL SERVICES, MENTAL HEALTH AGENCIES, PARENTS ANONYMOUS, EXTENSION OFFICES, HEALTH AGENCIES, AND CHILD GUIDANCE CLINICS.

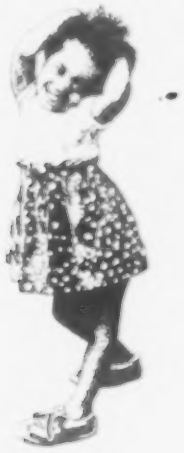
If You See A Problem Brewing

- DON'T BE AFRAID TO ASK FOR HELP. A PARENT WHO USES PROGRAMS IN THE COMMUNITY IS RESPONSIBLE AND CARING. PARENTS WHO RECOGNIZE THE NEED FOR HELP ARE RESPECTED AND ENCOURAGED BY THOSE PEOPLE WHO OFFER HELP.

- SOME OF THE RESOURCES IN YOUR COMMUNITY ARE: YOUR CHURCH OR SYNAGOGUE, PARENTS ANONYMOUS, SOCIAL SERVICES, HEALTH DEPARTMENTS, CHILD GUIDANCE CLINICS, MENTAL HEALTH CENTERS, AND YOUTH AND FAMILY SERVICES.

Do you have friends who would benefit from this kit?
Please give them copies of the order form below.

Due to our supply and mailing costs, we must limit copies to one per request.



FREE Survival Kit For Parents and Kids

Yes, catch me being a better parent. Send me lots of energy and sanity-saving tips on raising kids.

NAME_____

ADDRESS_____

CITY_____STATE_____ZIP CODE _____

Mail to: Oklahoma State Department of Health
Child Guidance Service
For Parents' Sake
P.O. Box 53551
Oklahoma City, OK 73152
(405) 271-4477

Joan K. Leavitt, M.D.
Commissioner

OKLAHOMA STATE DEPARTMENT OF HEALTH

P.O. BOX 53551
1000 NE TENTH
OKLAHOMA CITY, OK 73152

AN EQUAL OPPORTUNITY EMPLOYER

Dear Parent:

The Oklahoma State Department of Health is pleased to provide you with our Survival Kit for Parents and Kids. We recognize that being a parent is one of the most important and demanding jobs you can have. We hope this booklet will give you new ideas, answer some of your questions, or at least direct you to other sources of information.

The Child Abuse Prevention Fund provides funding for parenting programs in communities throughout Oklahoma. If you are interested in more information about resources in your area, or in making a contribution to the Child Abuse Prevention Fund, please contact the Child Guidance Service at (405) 271-4477 or write to the above address.

Sincerely yours,

Joan K. Leavitt, M.D.

Joan K. Leavitt, M.D.
Commissioner of Health

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appendix of resources

For information on parenting and child development, a parent support group, and other resources in your community, contact:

Oklahoma State Department of Health
Child Guidance Service
Prevention and Parent Education Division
Office of Child Abuse Prevention
1000 N.E. 10th Street
P.O. Box 53551
Oklahoma City, Oklahoma 73152
(405) 271-4477

Department of Human Services
Preventive Services Division
P.O. Box 25352
Oklahoma City, Oklahoma 73125
(405) 521-4266

Department of Mental Health and
Substance Abuse Services
Prevention Section
P.O. Box 53277
Oklahoma City, Oklahoma 73152-3227
(405) 271-7474

Oklahoma Committee for Prevention
of Child Abuse
525 N.W. 13th Street
Oklahoma City, Oklahoma 73103
(405) 272-0688

Oklahoma Child Abuse Hot Line
1-800-522-3511

Oklahoma State Department of Health
Child Guidance Service
Office of Child Abuse Prevention
1000 Northeast Tenth
P.O. Box 53551
Oklahoma City, Oklahoma 73152
405-271-4477

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